

FFY 2010 Arizona WIC / ITCA / Navajo Nation Food List

Effective with Arizona WIC and ITCA WIC October 1, 2009

*In accordance with FNS, USDA WIC Regulations § 246.10/7 CFR Part 246 Interim Rule

Food Item	Description	Can Buy	Cannot Buy
Milk	Lowest cost brand of refrigerated milk in gallon containers. Whole, reduced fat, low fat, skim or fat free milk as specified on check.	Half gallon and quart containers of milk are allowed only if specified on check. Any brand lactose free milks are allowed if specified on check. Any brand UHT, canned evaporated whole or skim milk, dry whole, non-fat or low fat milk is allowed only if specified on check.	Flavored milks are not allowed . Organic, raw, goat's, non-dairy milk, evaporated filled milk, buttermilk, acidophilus, sweetened condensed milk and half and half are not allowed .
Soy Based Beverage	When specified on food instrument: 1 quart containers of Pacific Ultra Soy Plain or Vanilla 8 th Continent, ½ gallon refrigerated, original	Plain or Vanilla flavors only Original flavor only	Chocolate flavor is not allowed . Organic soy beverage is not allowed . Vanilla, Chocolate, Light, and Fat-Free are not allowed .
Goat's Milk	When specified on food instrument: <u>Arizona WIC Only</u> : Meyenberg Goat's Milk, Quart fresh only	Fresh Only, lowfat or whole when specified on food instrument.	Evaporated or powdered is not allowed .
Cheese	Any brand of plain domestic prepackaged cheese in 16 ounce packages. Only these types: <ul style="list-style-type: none"> • Cheddar (includes longhorn) • Colby (includes longhorn) • Monterey Jack • Mozzarella (whole or part skim-includes string cheese) 	Mozzarella string cheese is allowed. Blended cheese (i.e. Colby jack) is allowed.	Shredded, cubed, added ingredients, cheese from deli counter, random weighted, and organic or imported, cheese food, cheese product, cheese spread and cheese imitation are not allowed . Cheese sticks or cheese swirls are not allowed . Cheeses in packages less than 16 ounces are not allowed .

Tofu	When specified on food instrument: Any eligible brand, up to 16 ounces of calcium set tofu packed in water.	Any Texture	Organic tofu or tofu with added fat, sugar, oil or sodium is not allowed .
Eggs	Any brand of fresh, raw, white chicken eggs in dozen cartons.	Small, medium or large are allowed.	Brown, extra large, jumbo, six pack cartons of eggs, egg substitutes, or specialty eggs that include low cholesterol, DHA, organic, free range, cage free, nest and fertile eggs are not allowed .
Cereal	<p>Only these brands for Cold Cereal in 12 ounce packages or larger:</p> <ul style="list-style-type: none"> • Any brand of Crispy Rice • Any brand of Toasty Oats (WG) • Quaker Life (WG) • Quaker Oatmeal Squares (WG) • Quaker Oatmeal Squares Cinnamon (WG) • General Mills Total (WG) • General Mills Kix • General Mills Cheerios – Plain (WG) • General Mills Cheerios – Multigrain (WG) • General Mills Rice Chex • General Mills Corn Chex • General Mills Wheat Chex (WG) • Kellogg’s Corn Flakes • Kellogg’s Special K • Kellogg’s All Bran Wheat Flakes (WG) • Kellogg’s Frosted Mini Wheats (Bite Size) (WG) • Kelloggs Rice Krispies • Malt O’ Meal Frosted Mini Spooners (WG) 	Boxes or bags are allowed.	<p>Organic or variety packs are not allowed.</p> <p>Any package of cold cereal less than 12 ounces are not allowed.</p> <p>Any packages of hot cereal less than 11.8 ounces are not allowed.</p>

	<ul style="list-style-type: none"> • Malt O' Meal Crispy Rice • Post Banana Nut Crunch (WG) • Post Honey Bunches of Oats Honey Roasted • Post Honey Bunches of Oats Almond • Post Honey Bunches of Oats Vanilla (WG) • Post Grape Nuts (WG) <p>Only these brands for hot cereal in 11.8 ounce packages or larger:</p> <ul style="list-style-type: none"> • Cream of Wheat Instant Original Flavor Hot Cereal • Malt O' Meal Original Hot Cereal • Quaker Instant Oatmeal Regular Flavor (WG) <p>(WG) Indicates the cereal is Whole Grain</p>		
Juice	<p>Only these brands of 100% juice:</p> <p>64 ounce Shelf Stable:</p> <ul style="list-style-type: none"> • Seneca Apple • Treetop Apple • Welch's Grape and White Grape • Langers Apple, Grape, and Pineapple • Western Family Apple and Grape • Shurfine Apple and Grape • Any brand Orange and Grapefruit • Campbell's Tomato <p>64 ounce Refrigerated:</p> <ul style="list-style-type: none"> • Any brand Orange or Grapefruit <p>11.5-12 ounce Frozen Concentrate:</p>	Blended juices of the following flavor varieties are allowed for frozen concentrate: apple, grape, grapefruit, orange, and pineapple.	<p>Non-frozen concentrate juices are not allowed.</p> <p>Shelf stable or refrigerated blended juices are not allowed.</p>

	<ul style="list-style-type: none"> • Seneca Apple • Dole Pineapple • Old Orchard Apple, Grape, and Pineapple • Treetop Apple • Welch's Grape and White Grape • Langers Apple • Western Family Apple and Grape • Shurfine Apple and Grape • Dole Pineapple-Orange • Any Brand Orange and Grapefruit <p><u>ITCA and NN WIC only:</u> <u>When specified on food instrument:</u></p> <ul style="list-style-type: none"> • 5.5-6 ounce containers of Dole Pineapple, Donald Duck Orange and V-8 juice. (Any type). • 8 ounce containers of Sunglo juice boxes. (Any flavor). 		
Fruits and Vegetables	<p>Any variety of fresh fruits and vegetables are allowed.</p> <p>*No potatoes, except any type of yams and sweet potatoes.</p>	<p>Whole or cut fresh fruits and vegetables are allowed.</p> <p>Bagged or plastic packaged fruits and vegetables, including lettuce, are allowed.</p>	<p>White potatoes; herbs and spices; edible blossoms such as squash blossoms; creamed or sauced vegetables; vegetable-grain mixtures; fruit-nut mixtures; breaded vegetables; fruits and vegetables for purchase on salad bars; salad kits; nuts; ornamental fruits and vegetables, such as chilies on a string and painted pumpkins; fruit baskets and party trays; and items such as blueberry muffins are not allowed.</p>

	<p><u>AZ WIC and NN WIC only and only when specified on food instrument:</u> Only these brands: Stokely's or Libby's canned single ingredient fruits and vegetables are allowed if specified on check.</p>	<p><u>AZ WIC and NN WIC only:</u> Regular or low sodium are allowed</p>	<p><u>AZ WIC and NN WIC only:</u> Canned fruit with added sugars, sugar substitutes, fats, oils or salt/sodium are not allowed.</p> <p>Canned vegetables with white potatoes, added sugars, fats, oils, pasta, or rice are not allowed.</p> <p>Pickled (sauerkraut), creamed (including corn), or sauced Vegetables are not allowed.</p> <p>Soups, ketchup, relishes, or olives are not allowed.</p>
Whole Grains	<p>Any eligible brand, up to 16 ounces, labeled 100 % Whole Wheat bread in loaves, buns or rolls.</p> <p>Any eligible brand white or yellow soft corn tortillas.</p> <p>Any eligible brand brown rice, long or short grain.</p>	<p>Jasmine and Basmati brown rice are allowed.</p>	<p>Organic, gluten-free, diet, light or mini-loaves are not allowed.</p> <p>Corn tortilla chips, tostadas and taco shells are not allowed.</p> <p>Instant brown rice is not allowed.</p>
Beans, peas and lentils	<p>Any eligible brand and type of dry beans, peas or lentils in one pound packages or larger.</p>	<p>Bulk dry beans, peas or lentils are allowed.</p>	<p>Organic, snap beans, fresh, frozen, flavored, seasoned, or gourmet, bean soup mixes, green beans, yellow beans or wax beans are not allowed.</p>
Canned Beans	<p>When specified on food instrument: Any eligible brand, up to 16 ounces of canned mature beans and baked beans.</p>		<p>Added sugar (except for the baked beans) added fat, oil or meat is not allowed.</p>
Peanut Butter	<p>Any eligible brand of plain, smooth, chunky or natural peanut butter in 16-18 ounce jars.</p>		<p>Organic, spreads, added jelly, honey, candy chips, marshmallows, chocolate or peanut butter in tubes are not allowed.</p>

Canned Fish	<p>Any eligible brand of water packed chunk light tuna in 5 ounce cans or larger.</p> <p>Any eligible brand of water packed pink salmon in 6 ounce cans or larger.</p> <p><u>ITCA and Navajo Nation Only:</u> Any brand and any type of sardines in 3.75 ounce cans.</p>	ITCA and NN Only: Flavored and seasoned sardines are allowed.	<p>Solid white or albacore tuna or tuna lunch kits are not allowed.</p> <p>Tuna packed in oil or pouches or with added ingredients is not allowed. Flavored or seasoned tuna is not allowed.</p> <p>Red sockeye salmon, salmon in pouches or with added ingredients is not allowed. Flavored or seasoned salmon is not allowed.</p> <p><u>ITCA and NN Only:</u> Brisling sardines or Norwegian Brisling sardines is not allowed.</p>
Infant Formula	As printed on the food instrument.		
Infant Cereal	Beech Nut or Gerber, plain single grain infant cereal without fruit in 8 ounce or 16 ounce boxes.		<p>Organic cereals, high protein cereals and mixed cereals are not allowed.</p> <p>Cereals with added fruit, sugar, yogurt, formula or DHA/ARA are not allowed.</p> <p>Cereals in jars, cans or variety boxes are not allowed.</p>
Infant Fruits & Vegetables	Any eligible brand, Stage 2, any single variety or combination of plain fruits or vegetables in 3.5 ounce or 4 ounce containers.	<p>Multi packs are allowed.</p> <p>Variety packs are allowed.</p> <p><u>ITCA only:</u> Any stage, 4.5 ounce single ingredient diced fruit or vegetable with out added salt, sugar or starches are allowed for fully breastfeeding infants only.</p>	<p>Organic, added cereal, formula, DHA & ARA is not allowed.</p> <p>Salt, sugar or starches, desserts, dinners or food combinations are not allowed.</p>

Infant Meat	Any eligible brand, single ingredient infant meats with added broth or gravy in 2.5 ounce containers.		Organic, added salt and/or sugars are not allowed . Dinners or food combinations are not allowed .
Fresh Bananas	Up to 2 pounds of fresh bananas.	Organic is allowed.	Dried, freeze dried and frozen bananas, banana puffs or jarred bananas are not allowed .